

Adult Health & Fitness

Echo Hollow Pool & Fitness Center

1655 Echo Hollow, Eugene 97402 Bus #40
Phone: 682-5525 Fax: 682-8193

Sheldon Pool & Fitness Center

2443 Willakenzie, Eugene 97401 Bus #67, 64
Phone: 682-5314 Fax: 682-6344

Campbell Senior Community Center

155 High St., Eugene 97401 Bus #1 & 66
Phone: 682-5318 Fax: 682-6386

Petersen Barn Community Center

870 Berntzen, Eugene 97402 Bus #40
Phone: 682-5521 Fax: 682-8192

Amazon Community Center

2700 Hilyard St., Eugene 97405 Bus #28, 73
Phone: 682-5373 Hours: 9a-6p M-F



All classes are for adults. Registration is on-going and is highly recommended. Classes also may be attended on a drop-in basis as space permits. Class sizes are limited.

For classes at Campbell Center, Petersen Barn Center, and Amazon Center, class fees are listed with the classes. For classes at Echo Hollow and Sheldon Pools, class fees and information are listed below.

POOL INFORMATION

Fitness Centers

Our Fitness Centers offer cardio-vascular equipment including treadmills and elliptical trainers, as well as weight equipment designed to work specific muscle groups.

Fitness Centers are open to individuals age 18 or older. An equipment-use orientation is required for new users and a signed consent form must be on file.

ECHO HOLLOW POOL Oct 2-Dec 31

MWF 5:30a-8p Su 11a-3p
TuTh 6a-8p

Closes at 7:15p on special event nights

SHELDON POOL Sep 11-Dec 17

MWF 5:30a-8:30p Sa 9a-Noon
TuTh 6:30a-8:30p

Centers close at 7:15p on special event nights

FITNESS ADMISSION FEES

	Single Visit	Punch Card (10 visits)
Adult Fitness Classes	\$4.00	\$34
Fitness Centers	\$3.50	\$30

Closures/Modified Schedules

ECHO HOLLOW POOL

Sep 2-Oct 1 Closed for maintenance
Nov 23-24 Closed for holiday
Dec 25 Closed for holiday

SHELDON POOL

Aug 29-Sep 10 Closed for maintenance
Nov 11 Closed for holiday
Nov 23-24 Closed for holiday
Dec 17-Jan 1 Closed for maintenance

For complete pool information, see pages 25-30.

Stewart Aquatic Center

This non-City facility is a 92° warm water therapeutic pool with wellness activities and instructed classes.

541-686-9290, www.stewartaquatic.org

Non-city residents are assessed a 20% surcharge for registered activities & rentals.

*Scholarships are available.
See page 54.*

Adult Health & Fitness

***All classes are for ages 18 & up
unless noted otherwise***

WATER FITNESS

Aquatic Body Conditioning ♥

Low impact, buoyancy-supported water exercise. Includes aerobic conditioning and utilizes water resistance and fun equipment for increased muscle strength and tone.

Echo Hollow Pool & Fitness Center
Monthly TuTh 9-10a

Aquatone ♥

This class utilizes equipment and water resistance to tone specific muscle groups.

Sheldon Pool & Fitness Center
Monthly TuTh 8:30-9:30a

Arthritis Aquatics Exercise ♥

A certified instructor from the National Arthritis Foundation teaches this class in chest deep water. Participants should be able to perform the exercises independently.

Echo Hollow Pool & Fitness Center
Monthly TuTh 10:10-11:10a

Sheldon Pool & Fitness Center
Monthly TuTh 10:30-11:30a

Back Conditioning ♥

An aquatic conditioning class with emphasis on flexibility and strengthening of abdominals and low back muscles. This class is taught in deep water for a no-impact workout.

Sheldon Pool & Fitness Center
Monthly MWF 11:30a-12:15p
M-F 5:30-6:30p

Deep Water Fitness ♥

A no-impact exercise program using flotation equipment to stabilize your posture for a full body workout. Different intensity levels are provided for your fitness needs.

Echo Hollow Pool & Fitness Center
Monthly M-F 5:45-6:45p
MWF 7-8a
TuTh Noon-1p

Sheldon Pool & Fitness Center

Monthly MWF 6-7a
MWF 7-8a
MWF 8-9a
MWF 9-10a
MWF 12:30-1:30p
MWF 5:30-6:30p
Sa 9:30-10:30a

Inch by Inch in the Water ♥

An aerobic, fat burning, in-water program for people working toward weight loss. Work at your own pace and begin a lifestyle change in a positive, supportive environment.

Echo Hollow Pool & Fitness Center
Monthly MWF 8:45-9:45a

Sheldon Pool & Fitness Center
Monthly M-F 9-10a

Pre/Post-Natal Fitness ♥

The buoyancy and cooling of the water makes any of our fitness classes a perfect exercise activity for the mother-to-be. Water exercise can easily be adapted for your participation and fitness level.

Sheldon Pool & Fitness Center
Monthly MWF 11:30a-12:30p

Shallow Water Aerobics ♥

Low impact, water-supported exercise for developing cardiovascular fitness. Toning and abdominal exercises included. Up-beat and simple energetic routines keep you moving.

Echo Hollow Pool & Fitness Center
Monthly MWF 5:45-6:45a
MWF 5:45-6:45p

Senior Water Fitness ♥

A time for seniors to try a variety of aquatic activities: water exercise, lap swim, and leisure swimming. Call the pool for specific program availability.

Echo Hollow Pool & Fitness Center
Monthly MWF 10-11a

Water Walking ♥

Walk and run in chest-deep water using traveling moves, water resistance and equipment for a challenging and fun full body workout.

Sheldon Pool & Fitness Center
Monthly MWF 8:15-9:15a

LAND FITNESS

Barnie Walkers ♥ FREE!

Have you thought about walking for exercise but did not want to do it by yourself? Join a walk on the path at Petersen Barn and surrounding neighborhood. Walks are the first Monday of each month, or one week later if the first Monday is a holiday. As interest grows more walks will be scheduled!

Petersen Barn Community Center

Sep 11	M	9-10a	Free	#71252
Oct 2	M	9-10a	Free	#71253
Nov 6	M	9-10a	Free	#71254
Dec 4	M	9-10a	Free	#71255

The Energizers ♥ NEW!

Are you interested in easy-going, outside walking? Come learn about Cobblestone walking, an easy way to tone muscles. Instructor: Willa Reich.

Campbell Center

Sep 8-29	F	1:30-2:30p	\$15	#70642
Oct 6-27	F	1:30-2:30p	\$15	#70643

Slow & Easy Fitness, Seniors ♥

Designed for each individual to work at her/his own pace. Increase your flexibility and tone muscles, feel more energetic and have a good time. For the first time exerciser, elderly, or injury-recovering participant. Instructor will work with you to meet individual needs. Instructor: Bryon Hanks.

Campbell Center

Sep 11-Oct 27	MWF	8:45-9:45a	\$36	#70470
Oct 30-Dec 15	MWF	8:45-9:45a	\$31	#70471
No class Nov 10, 17, 24.				

Total Body Work Out ♥

Get fit and have fun in the process! The Total Body Work Out is designed for any age adult or senior who wishes to stretch, tone, and strengthen muscles with some cardiovascular components. Low impact, moderate intensity. Instructor: Tracy Haggerty.

Petersen Barn Community Center

Monthly	TuTh	6:45-7:45a	\$24/month	
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Sheldon Pool & Fitness Center

Monthly	MWF	8:15-9:15a		
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TRY TOTAL BODY WORK OUT FOR FREE!

Petersen Barn Community Center

Sep 12	Tu	6:45-7:45a	Free	#71197
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Walkabouts with Mel ♥

Travel to different scenic locations for a 45-60 minute walk at a moderate pace. Trails selected will be flat and not too muddy. Wear sturdy walking shoes or boots, and dress appropriately – walkabouts are held rain or shine.

Meet at Campbell Center

Sep 18	M	9-11a	\$2	#69859
Oct 16	M	1-3p	\$2	#70248
Nov 20	M	1-3p	\$2	#70249
Dec 11	M	4-6p	\$2	#70250

HEALTH & WELLNESS

Chair Massage

Enjoy a 15 or 30 minute chair massage by Byron Hanks, LMT. Pre-registration required.

Campbell Center

Sep 14-Dec 14	Th	1-3:30p	\$10/\$20	#70478
No appointments Nov 16, 23.				

Diabetes Beaters FREE!

Learn more about how to control pre-diabetes and diabetes with proper diet and exercise. Instructor: Willa Reich.

Campbell Center

Sep 15	F	10-11a	Free	#70639
Oct 20	F	10-11a	Free	#70640
Dec 15	F	10-11a	Free	#70641

Footcare Clinic

A qualified nurse provides toenail trimming. Fee must be paid when you register. This clinic is unable to provide service to people with diabetes; please contact your physician. Sponsored by New Horizon's In-Home Care.

Campbell Center

Sep 5-Dec 26	Tu	10a-3p	\$10	#70494
Bring your own basin and towel.				

Meditation

Learn to use meditation to contribute to your mental, physical and spiritual well being. Meditation is a powerful tool to help restore the harmony within and access your body's inner intelligence. Instructor: Suman Sensei.

Campbell Center

Sep 15-Nov 3	F	3-4p	\$22	#70586
Dec 1-22	F	3-4p	\$11	#70587

TRY MEDITATION FOR FREE!

Campbell Center

Sep 8	F	3-4p	Free	#70580
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continued

Adult Health & Fitness

Relax & Renew With Meditation

Ages 18 & up

Learn to use meditation and guided imagery for stress management techniques and energetic awareness. Transform stress of everyday life into new pathways. Taught by licensed LPN and Healing Practitioner, Jude Kehoe.

Amazon Community Center
Sep 30-Nov 18 Sa 3-4p \$50 #71465

Qigong

Qigong is the art and science of using posture, exercise, breathing and concentration to gather *qi*, inner energy that circulates through the body. Qigong promotes relaxation, health and fitness. Instructor: Suman Sensei.

Campbell Center
Sep 15-Nov 3 F 2-3p \$22 #70584
Dec 1-22 F 2-3p \$11 #70585

Petersen Barn Community Center
Sep 19-Oct 31 Tu 11:15a-12:15p \$21 #71185
Sep 22-Nov 3 F 11:15a-12:15p \$18 #71190
No class Oct 6.
Nov 7-Dec 19 Tu 11:15a-12:15p \$21 #71186
Nov 17-Dec 22 F 11:15a-12:15p \$15 #71191
No class Nov 24.

TRY QIGONG FOR FREE!

Campbell Center
Sep 8 F 2-3p Free #70581
Petersen Barn Community Center
Sep 12 Tu 11:15a-12:15p Free #71183
Sep 15 F 11:15a-12:15p Free #71184

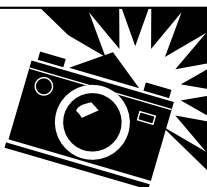
Reiki FREE!

Reiki practitioners use their hands to manipulate energy fields to reduce stress and promote healing. Patients are fully clothed and lay on a padded table or sit in a chair. For an appointment call Campbell Center, 682-5318.

Campbell Center
Sep 6-Dec 27 1st/3rd W 9:30-11:30a
2nd/4th W Noon-3p Free

Smile...

Photographs of participants in Recreation Services activities may be used by the City of Eugene for publicity purposes, without compensation or permission.



Stress Management

Yoga postures and deep relaxation help re-balance the body's system from the wear and tear of daily stress. Instructor Suman Barkhas is a Holistic Wellness coach, professional Yoga therapist and teaches Qigong and Tai Chi.

Campbell Center
Oct 5-Nov 2 Th 3:30-4:30p \$15 #70425
Petersen Barn Community Center
Sep 20-Nov 1 W 9-10a \$21 #71152
Nov 8-Dec 20 W 9-10a \$21 #71154

TRY STRESS MANAGEMENT FOR FREE!

Petersen Barn Community Center
Sep 13 W 9-10a Free #71160

Tai Chi ♥ ***Ages 16 & up***

Tai Chi is a gentle exercise that strengthens muscles, improves stamina, blood circulation, balance and promotes relaxation. No prior experience necessary. Instructor: Suman Sensei.

Amazon Community Center
Sep 28-Nov 16 Th 1-2p \$46 #71224

Tai Chi ♥

Tai Chi is an ancient Chinese martial art, stressing round, flowing movements, calmness and inner balance. Students learn the beginning level of a series of slow movements that promote better health, balance, and flexibility, and reduced stress. Learn proper form, body alignment, breathing, energy cultivation, and energy awareness. Instructor: Suman Sensei.

Campbell Center
Sep 11-Nov 6 MF 10:30-11:30a \$47 #70588
Nov 13-Dec 22 MF 10:30-11:30a \$28 #70589
No class Nov 17, 24.

Tai Chi for Those with Arthritis

This class is designed to help those with arthritis, but anyone is welcome. Instructor: Suman Sensei.

Campbell Center
Sep 15-Nov 3 F 1-2p \$22 #70368
Dec 1-22 F 1-2p \$11 #70369

Petersen Barn Community Center
Sep 19-Oct 31 Tu 10:10-11:10a \$21 #71176
Nov 7-Dec 19 Tu 10:10-11:10a \$21 #71177
Sep 22-Nov 3 F 10:10-11:10a \$18 #71178
No class Oct 6.
Nov 17-Dec 22 F 10:10-11:10a \$15 #71179
No class Nov 24.

TRY TAI CHI FOR FREE!

Campbell Center
Sep 8 F 1-2p Free #70582
Petersen Barn Community Center
Sep 12 Tu 10:10-11:10a Free #71181
Sep 15 F 10:10-11:10a Free #71182

Hatha Yoga ♥

Travel inside yourself and find the peace to meet the world in a positive light. Reduce stress as you stretch, breathe and relax. Ideal for all levels and abilities. Instructor: ??????.

Sheldon Pool & Fitness Center
Monthly TuTh 5:30-6:30p

Yoga ♥ Ages 16 & up

This class adapts practice to suit one's condition, experience and needs. It incorporates gentle movements, postures and relaxation techniques to increase strength and flexibility, and improve posture, sense of vitality and well being. Instructor: Suman Sensei.

Amazon Community Center
Sep 28-Nov 16 Th 2:30-3:30p \$46 #71226

Yoga for Seniors

Gentle stretching exercises inspire and support increased vitality, strength and flexibility. A great class for those less flexible. Yoga helps you remain healthy and active. Instructor: Suman Sensei.

Campbell Center
Sep 12-Nov 9 TuTh 8:30-9:30a \$50 #70590
Nov 14-Dec 21 TuTh 8:30-9:30a \$28 #70591
No class Nov 16, 23.

Petersen Barn Community Center
Sep 19-Oct 31 Tu 9-10a \$21 #71157
Sep 22-Nov 3 F 9-10a \$18 #71161
No class Oct 6.
Nov 7-Dec 19 Tu 9-10a \$21 #71156
Nov 17-Dec 22 F 9-10a \$15 #71162
No class Nov 24.

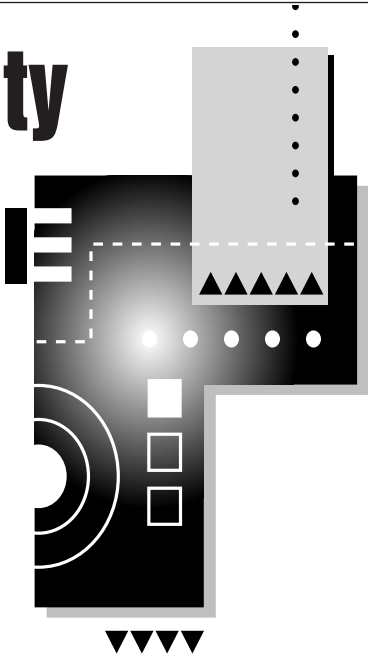
TRY YOGA FOR FREE!

Campbell Center
Sep 7 Th 8:30-9:30a Free #70583
Petersen Barn Community Center
Sep 12 Tu 9-10a Free #71159
Sep 15 F 9-10a Free #71175

Rent a City Facility

City of Eugene recreation facilities are available for rent. Each site offers a unique atmosphere and special amenities that are described in this brochure. Call or visit any of our facilities for more information, or call 682-5333.

- Birthday Parties
- Business meetings
- Family Reunions
- Wedding Receptions
- Seminars
- Church Services
- Neighborhood Gatherings
- Fund Raisers



CITY OF EUGENE
recreation
SERVICES

